|  |  |  |
| --- | --- | --- |
| Name: Student Name | Class: Teacher Name | Date: Week completed |

**WEEK 1:** Use this activity log to track your physical activity minutes.

Have an adult sign their initials next to each day that you complete.

**Go Be Great Goal:** Get 150 minutes (or more) of physical activity every week.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Initials** | **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Total** |
|  |  |  |  |  |  |
|  | **Monday** | Rode Bike  30 min |  |  | 30 min |
|  | **Tuesday** | Jumped Rope  10 min | Walked Dog  20 min |  | 30 min |
|  | **Wednesday** |  |  |  |  |
|  | **Thursday** | Go Noodle Dance Video  15 min |  |  | 15 min |
|  | **Friday** | Walked Dog  20 min | Played Outside  20 | Yoga Stretches  10 min | 50 min |
|  | **Saturday** | Swimming  25 min |  |  | 25 min |
|  | **Total Minutes** |  |  |  | 150 min |

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| **Physical Activity Fun-Meter**  Rate your physical activity enjoyment for the week. | | |
|  |  |  |
| Circle if you had  **TONS OF FUN** | Circle if you had  **SOME FUN** | Circle if you had  **SO-SO FUN** |

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| **Check-In Chat**  *[Think – think some more – and then express yourself through writing, art, or with a selfie video.]*  > If you had *TONS OF FUN*, what made your activity so fun? If you had *SOME* or *SO-SO FUN*, what could have made the activity *MORE* fun? |

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| --- | --- | --- |
| Name: | Class: | Date: |

**WEEK 1:** Use this activity log to track your physical activity minutes.

Have an adult sign their initials next to each day that you complete.

**Go Be Great Goal:** Get 150 minutes (or more) of physical activity every week.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Initials** | **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Total** |
|  |  |  |  |  |  |
|  | **Monday** |  |  |  |  |
|  | **Tuesday** |  |  |  |  |
|  | **Wednesday** |  |  |  |  |
|  | **Thursday** |  |  |  |  |
|  | **Friday** |  |  |  |  |
|  | **Saturday** |  |  |  |  |
|  | **Sunday** |  |  |  |  |

|  |  |  |
| --- | --- | --- |
| **Physical Activity Fun-Meter**  Rate your physical activity enjoyment for the week. | | |
|  |  |  |
| Circle if you had  **TONS OF FUN** | Circle if you had  **SOME FUN** | Circle if you had  **SO-SO FUN** |

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| **Check-In Chat**  *[Think – think some more – and then express yourself through writing, art, or with a selfie video.]*  > YOU ARE GREAT! How did being physically active this week help you share your greatness? |

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| Name: | Class: | Date: |

**WEEK 2:** Use this activity log to track your physical activity minutes.

Have an adult sign their initials next to each day that you complete.

**Go Be Great Goal:** Get 150 minutes (or more) of physical activity every week.

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| --- | --- | --- | --- | --- | --- |
| **Initials** | **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Total** |
|  |  |  |  |  |  |
|  | **Monday** |  |  |  |  |
|  | **Tuesday** |  |  |  |  |
|  | **Wednesday** |  |  |  |  |
|  | **Thursday** |  |  |  |  |
|  | **Friday** |  |  |  |  |
|  | **Saturday** |  |  |  |  |
|  | **Sunday** |  |  |  |  |

|  |  |  |
| --- | --- | --- |
| **Physical Activity Fun-Meter**  Rate your physical activity enjoyment for the week. | | |
|  |  |  |
| Circle if you had  **TONS OF FUN** | Circle if you had  **SOME FUN** | Circle if you had  **SO-SO FUN** |

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| **Check-In Chat**  *[Think – think some more – and then express yourself through writing, art, or with a selfie video.]*  > List all of the ways that being physically active made your week more positive and fun. |

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